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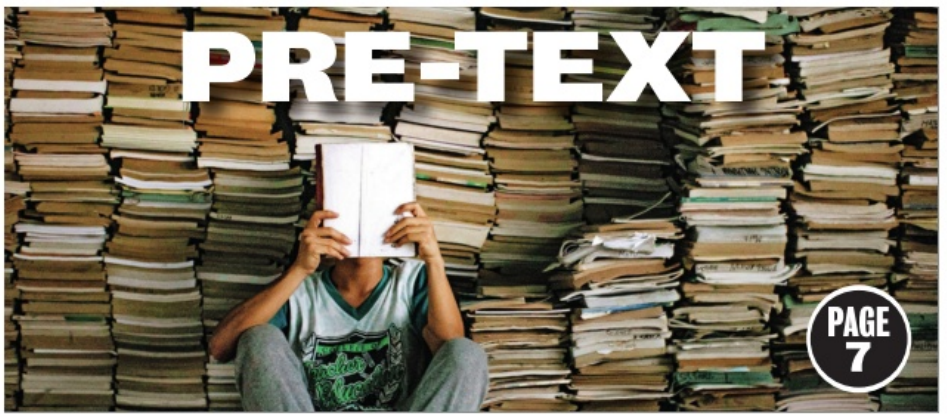
Bangalore Mirror

TEMP Max 29 | Min 20 | Humidity 73% Generally cloudy sky Sensex 55,107 | Nifty 16,416 | Gold 50,894 | Silver 61,882 | Dollar 77.77 | Euro 83.00 | GBP 97.25



As localities still go dark without street lights, decorative light poles to replace existing ones in Yelahanka

BLINDING STREETLIGHT

Cost of work estimated at Rs 215.50 lakh

| Y Maheswara Reddy
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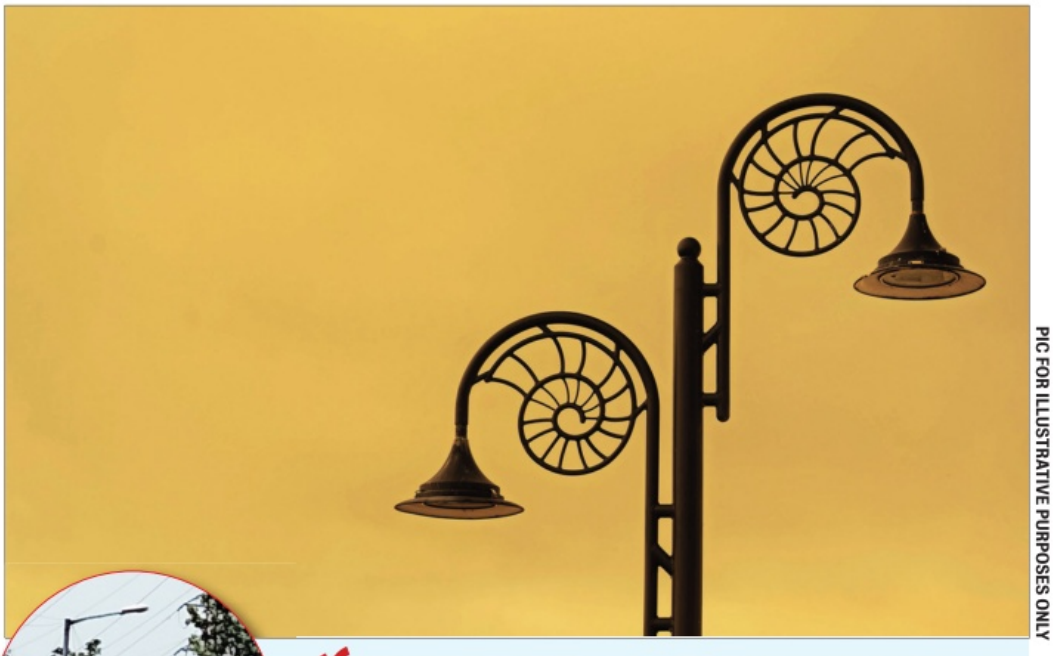
TWEETS @BangaloreMIRROR

It seems as though the Bruhat Bengaluru Mahanagara Palike is in a hurry to spend tax-payers' money as it pleases.

Many areas in the city, especially those that were added to the BBMP's ambit more than a decade ago, have no proper street lighting infrastructure. In spite of that, the civic body has now decided to replace street light poles between Tirumala Dhaba and MS Palya Circle in Attur ward of Yelahanka assembly constituency, that too with decorative tusker street light poles.

All these years there have been no problems whatsoever with the existing street lights; no one has complained against the street lights on either side of the road. However, now the BBMP has floated a tender inviting bids to provide and install decorative tusker street light poles between Tirumala Dhaba and MS Palya Circle in Attur ward. Tender forms have to be submitted to the civic body on or before June 10. The last date for opening the financial

CONTINUED ON PAGE 6 »



PIC FOR ILLUSTRATIVE PURPOSES ONLY

"They want commission from the contractor... There is no need to replace existing street light poles..."

— HM Venkatesh, social activist

School of Rock

Lower primary school had inadequate toilets with no water supply and broken doors

| Garima Prasher
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TWEETS @BangaloreMIRROR

The students at the government lower primary school in Gopalpura village now have access to a drinking water facility, functional toilets and safe classrooms, thanks to the effort of a Bengaluru-based not-for-profit.

The government school in Kolar district was in a state of ruin for many years before it got the facelift.

The result was phenomenal — colourful walls, brand-new chair desks, waterproof classrooms and an RO filter for drinking water. It was a whole new place when the children walked in after their summer vacation.

The initiative was taken up by Bangalore Central Round Table 90, a not-for-profit that works towards the betterment of school infrastructure.

"We started renovating in October 2021. The school then had just one functioning classroom, while the other was defunct. The walls were cracked, the ceiling was leaking and students had no access to safe drinking water. We razed down one out of the two classrooms and built two rooms with a seating capacity of 30 students in each," said Anupam Agarwal, chairman, Bangalore Central Round Table 90.

Just as many other government schools,

CONTINUED ON PAGE 2 »

3 THINGS TO DO

01 Women and more

Bengaluru-based WeMove Theatre is reviving its classic Kannada play 'Sambandagala Sutta'. The play deals with the unspoken trauma and stress that women face in modern society and is a reflection of their struggles. This play is a sneak peek into the lives of different women, each in a different stage of their lives. The play interweaves the relationships of sisterhood, motherhood, friendship, and the consequences when all the above are threatened. 15 characters played by 3 actors is a recognisable reflection of the complexity of every relationship. **Where: Ranga Shankara; When: June 10, 7 30 pm; Tickets: bookmyshow.com**

02 Coming Home

Bangalore Creative Circus presents 'Coming Home', a sharing circle designed to cultivate resilience. A sharing circle is a sacred space to help identify our feelings, express ourselves fully, listen with our hearts, learn from each other, and grow together. Facilitated by holistic educators, Karuna Jenkins and Sahil Raina, 'Coming Home' promises to be a space of connection, intimacy and belonging. In a world that is increasingly becoming isolated, sharing our inner worlds can be a tremendous gift that we can give ourselves. **Where: Bangalore Creative Circus, Yeshwantpur Industrial Suburb; When: June 10, 5.30 pm to 7.30 pm; Entry: Rs 650, https://linktr.ee/blrcreativecircus**

03 Art in flux

Vasantha Art Gallery (VAG), at Grand Mercure Gopalan Mall presents "Kalpa", a body of works by artist Bodhi Selvam & A Mathew Raj. The central theme is of Kalpa -- a duration of time covering a complete cosmic cycle from the creation to the dissolution of a world system. **Where: Vasantha Art Gallery (VAG), Swamy Vivekananda Road; When: Till June 30, 11 am – 7 pm; Contact: 9980991645**

The kids are where the wild things are

Bengalurean Anish Banerjee is one of six youngsters running e-commerce site for animal rescue and rehabilitation

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Temple elephants often suffer terrible trauma and live in pathetic conditions; (inset) Anish Banerjee

A 20-year-old Bengaluru boy, Anish Banerjee has dedicated himself to wildlife conservation. The youngster, along with five other students from various countries, is running an e-commerce site called Think Wildlife Foundation and this group of 20-year-olds sell t-shirts, hoodies, and sweatshirts to help various organisations rescue and rehabilitate wild animals.

Currently studying zoology at the University of Manchester, Anish and his team recently raised Rs 20,000 for Wildlife SOS, a non-profit organisation rescuing and rehabilitating wildlife in India. "It has been a lifelong goal to establish a conservation foundation, particularly one aimed at rehabilitating large mammals, such as elephants and bears. It was during the first lockdown in the first year of my degree, when my school friends and I decided to launch an e-commerce platform. Currently, we are donating 25 per cent of our profits to Wildlife SoS to support the rehabilitation of Pari, a temple elephant rescued from captivity," said Banerjee.

The team sells merchandise on Think Wildlife Foundation's e-commerce platform, including t-shirts, hoodies and sweatshirts; all designed by the youngsters.

Currently, most profits are used to support the rehabilitation of rescued elephants. According to Banerjee, around 10 per cent of India's elephants live in captivity.

"Unfortunately, despite being an important part of religion, temple elephants undergo a life of severe torture. These elephants are captured from the wild and separated from their family at a fragile age, to be tamed by physical torture and live in unhygienic conditions with substandard diets."

According to him, much work is being done to rescue 3,000 captive elephants in India. However, rehabilitating these captive elephants is an arduous and expensive process due to the severe physical and mental trauma they undergo. "It is for this reason that we decided to support the cause through e-commerce."

> **"Some of our initiatives include adopting wildlife in rescue centres, tree plantations, and providing resources for conservation project** – Anish Banerjee

Think Wildlife Foundation is also collaborating with various other NGOs to conduct outreach events and the team also raises awareness about global conservation issues. "Some of our initiatives include adopting wildlife in rescue centres, tree plantations, and providing resources for conservation projects," he said.

Anish and his team are currently busy launching an awareness campaign against the online wildlife trade.

"With the onset of covid-19, much of the illegal wildlife trade has shifted online. Wildlife is traded illegally openly on major social media and e-commerce platforms. This campaign involves extensive outreach in the form of webinars, talks, workshops and digital marketing. .

The youngster is all set to attend Imperial College London this year, for a Master's degree in Ecology, Evolution and Conservation. "I aspire to attain a PhD in conservation biology and eventually join the Indian Forest Services. I also want to work in nature-based solutions of climate change and for community-based conservation," signed off Banerjee.

How to save a school

CONTINUED FROM PAGE 1

the lower primary school also lacked basic infrastructure. There were inadequate toilets with no water supply and broken doors. According to Narayan Swamy, the headmaster, admissions have almost doubled for this academic year.

"The school had toilets, but they were not in a usable condition. Doors were broken and toilets had no water supply. However, the children now have access to a new toilet block with four urinals for boys and two for girls. We have also received blackboards, lights, fans and one RO-based water purifier. We had 30 students in the school last year across all the classes. However, this year the total strength has gone up to 50. With two new classrooms, we can accommodate around 100 children. We are hopeful that the number of admissions will go up in the coming days," said Swamy.

The school was given a new look under the NGO's 'Freedom Through Education' initiative that helps create quality infrastructure in schools for underprivileged children. The renovation work that began in December 2021 was completed a few days ago.

BOARD THE METRO, GET YOUR CYCLES TOO

BMRCL allows cyclists to place foldable cycles in the last coach, but specifications leave many unhappy

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TWEETS @BangaloreMIRROR

To promote green mobility, Namma Metro has officially announced that it will permit foldable bicycles in Metro coaches. Previously also foldable cycles were allowed, but there was limited awareness among the cycling community.

The cycles can be stored in the last coach. This move will allow the use of cycles for both first and last-mile connectivity and travel in public transport for longer distances.

"The size of the foldable bicycle shall not exceed 60 cm X 45 cm X 25 cm in dimension and not exceed 15 kg in weight. It will be subjected to security check through the baggage scanner during entry. The bicycle shall be packed properly so that it does not damage the interiors of Metro coaches. Also, it shall not cause inconvenience to the co-passengers. The payment of luggage charges is exempted for foldable bicycles," said BMRCL in a statement.

BMRCL MD Anjum Parwez confirmed that cyclists can store their cycles in the last coach and can park anywhere in the last coach. However, he clarified that there won't be any provision of cycle racks similar to the Mumbai Metro model inside the coaches.

Elaborating on the space given to the cyclists, BMRCL CPRO, Yashwanth Chavan said, "Cyclists can keep their foldable cycles near the area allocated for wheelchairs for persons with disability. There is an open area behind the driver's cabin and they can store the cycles. We have decided on the last coach to provide for sufficient space for cyclists and other passengers."

PIC COURTESY: RAJEEV MALAGI

Bangalore Mirror

Cyclists in Bengaluru want Metro to allow all bicycles inside coaches so as to boost last-mile connectivity as opposed to just foldable cycles allowed currently

MILES AND MILES OF BICYCLE SMILES

'Some foldable cycles not going through baggage scanners'

BM had reported on April 25 about problems cyclists face while taking the Metro

Bengaluru Bicycle Mayor Sathya Sankaran lauded the move. "The initiative should lead to more people shifting to cycles. Metro should also think about providing cycle parking at stations and also have a relook at shared bicycle systems. We also need to look at the dimensions and verify with our exisiting foldable cycles if they fit the requirements. Cycle manufacturers should also take note of these measurements and incorporate them into their designs. Metro should consider using hand scanners instead of insisting on baggage scanners," he said.

Rajeev Malagi, a regular cyclist, was left disappointed by the announcement though. "The foldable cycle used by me won't meet the requirement specified by BMRCL. Foldable cycles that don't fit through the scanner should be exempt from going through scanners," Malagi said.

Bengaluru Central MP, PC Mohan also appeared to stand with the cyclists. On Twitter, he said, "Considering the requests of the public and cyclists, BMRCL must also permit regular bicycles. Allowing bicycles will resolve the first and last mile connectivity hurdles for many commuters in Bengaluru. Foldable bicycles under 15 kg could be unaffordable to many citizens in Bengaluru. Therefore, all types of bicycles should be allowed in the Metro..."

FAKE NEWS BUSTER MIRROR

COVID VACCINE DOES NOT CAUSE MONKEYPOX

THE CLAIM

The increase in monkeypox cases has led to a rash of social media posts, many claiming the chimpanzee adenovirus vector used in AstraZeneca's Covid vaccine is behind the outbreak and some suggesting the infection is basically shingles and a "well-known" side effect of the jab.

SO, WHAT'S THE TRUTH?

PTI spoke to experts who said both claims are false. Adenoviruses and poxviruses are unrelated and shingles is not the same disease as monkeypox. While it is true the AstraZeneca vaccine uses a chimpanzee adenovirus vector in its formula, the virus has been mutated to prevent it from growing in human cells. The role of the vector is to carry the vaccine component into human cells, and it does not establish any infection, scientists said. "While both adenovirus and monkeypox are DNA viruses, one cannot cause the other," said Vineeta Bal from Pune's Indian Institutes of Science Education and Research. PTI

BUST FAKE NEWS WITH MIRROR

9591233247

Let's separate the news from the noise, Bengaluru. Tell us about that incredible-sounding story/news/alert that you've received on WhatsApp or social media and Bangalore Mirror researchers and editors will see if it checks out. If it doesn't, we'll call it out

'Goons' with machetes roam free, spread fear over land row

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TWEETS @Bellie_MIRROR

Goons roaming around armed with machetes, people doing as they please – sounds like an Anurag Kashyap film?

Wrong, it is West Bengaluru's Gidadakonenahall, according to emerging reports. Lakshmi Devi recently lodged a complaint with the Annapurneshwarinagar police after her property was allegedly usurped by some villagers who insist an approach road should be constructed on her land so they can access their houses. Despite all houses around her land having another road, they all wanted her land for the purpose, she told the police.

She was shocked to see her land getting turned into a road for a few houses that were built around her land. "When BDA had acquired more than one acre of our property years ago, they left behind 26 guntas for my uncle and 10 guntas for me," Devi told BM.

At around 9:30 am on Sunday she was shocked to see workers concreting her land. Lakshmi Devi, her mother Lakshmamma, and brother Munikrishna rushed to the spot and asked them to stop the work, warning them against trespassing. Meanwhile, the villagers as Manjunatha, Narayanaswamy, Ananthakumar, and Hanumantharaju, who were supervising work, got into arguments with Lakshmamma and Lakshmi Devi.

According to complainant the men want to usurp her land to make an approach road to their houses in Gidadakonenahalli

When Munikrishna objected to their abuses, he was assaulted by the four men with construction tools. They also beat up both Lakshmi Devi and Lakshmamma when they came to Munikrishna's rescue.

Lakshmi Devi then approached the police and filed a complaint, based on which an FIR was registered against the four men, booking them for assault using dangerous weapons. A day after the case was registered, three youths on a scooter came near Lakshmi Devi's store in Gidadakonenahalli and threatened her and her family members. The youths wielded machetes in public and threatened Lakshmi Devi and her family. Munikrishna managed to film the incident on his phone and the siblings approached the police once again. However, she said the police were not acting upon the FIR.

A officer from Annapurneshwari Nagar said they have been apprised of the developments and are collecting information about the goons.

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Plenty of rain, but there is water scarcity in smart city

Cauvery water supply has been sketchy and bordering on nil at OMBR Layout

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With barely any water in the sumps, residents of OMBR Layout are having to hire water tankers

One could only hope that smart cities don't have problems with basic things like water supply. However, 'hope' continues to be the keyword for residents of OMBR Layout who are struggling to ensure even the bare-minimum supply requirements.

Water in the high-pressure Cauvery water supply has become scanty and people are being forced to rely on water tankers instead.

For more than six months, some OMBR Layout residents have reported water either not coming at all or coming with low-pressure and not filling up the sumps.

With not even 50 per cent of the sumps being filled up, they have to hire water tankers.

Considering that they have smaller sumps, they are also not getting all of the water present in the tankers. After receiving low supply, they have to ration water for the next three days.

"Earlier we used to get water for a couple of hours and sumps used to fill up. Now we get water with less pressure or no water at all for some days. Sometimes, the water supply is restricted due to power failure, but even after power reverts, there is reduced supply," said Srinivas, a resident in the area for over 20 years.

According to residents, authorities have been citing power issues, but they are not convinced.

"Pressure cannot be associated with power. It has something to do with increased housing in the area. More people could mean less water for people," Srinivas further said.

Working residents have reportedly been affected the most.

"Ideally office-going individuals have to be out of their houses by 8 am. Earlier, water used to come at 6 am and now it comes at 8 am. Before leaving for work we need to complete our chores, but without stored water it's impossible," he said. Houses with fewer members are getting-by, while those with a large number of people have no other choice but to get water tankers. "Not even a quarter of our sump is getting filled. I have gotten used to taking baths in a quarter-bucket of water and washing clothes with rainwater collected," said Jeyalakshmi, another resident.

"As a working woman, I complete my laundry during weekends but there is no water available. Even if I get a water tanker for Rs 600, only water worth Rs 200 can be taken. Before January we never had this issue," she added.

"Yesterday it came for hours and not even 80 per cent was filled. We have to get a water tanker frequently and have to incur at least Rs 3000 for that purpose. We have been facing this issue for the past 6-9 months", another resident said.

> **"For the past 15 days, we were facing a turbidity problem. Muddy water from the Cauvery basin needed to be filtered**
>
> – BWSSB EE Chalapathy

"Authorities use a slew of excuses from power issues to value problems. On days when we are supposed to get water, they complain about power and when the power does return, there is no water supply. The sump is half-filled and one-fourth of the tank is filled. When we complained, they said that the timings for water supply are over. We have to manage with half a tank for the next three days, " said another frustrated resident, Nandini.

Multiple complaints to BWSSB officials have been in vain. Residents say that when they report power issues, officials ask them to complain at the exact time so they can verify water pressure issues.

BWSSB officials claim the problem has been fixed and residents are receiving regular pressure water.

"Due to rains, the turbidity was more and filtration was taking more time. Now, the supply has been fixed," BWSSB EE Chalapathy said.

"For the past 15 days, we were facing a turbidity problem. Muddy water coming from the Cauvery basin needed to be filtered. This was the reason that water supply was delayed. Borewells have also dried out and will slowly get recharged. Then there will be an alternative water supply as well," he added.

"We have also been facing some issues due to power tripping during rains," said BWSSB Engineer incharge Nunjundiah.

Wanted: A ward in Power Star's name

CM Bommai gets request that one of the new wards be named after Puneeth Rajkumar

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The demand for naming one of the city's wards after popular Kannada actor Puneeth Rajkumar, who passed away due to a heart attack in October last year, is gaining momentum with every passing day.

With the Bruhat Bengaluru Mahanagara Palike (BBMP) expected to come up with the list of newly added wards, residents, politicians, and activists have been demanding Chief Minister Basavaraj Bommai to name one of the new or pre-existing wards after the late star.

Karnataka Forest Development Corporation (KFDC) Director and BJP Bengaluru South vice president Bhagyavathy Amaresh wrote a letter to Bommai on Monday, urging him to do the same.

In the letter, Amaresh said that the number of wards in BBMP is set to increase from 198 to 243, and it would be apt to name one of the new wards after Rajkumar.

> **Some others suggest that Sadashivanagar or Aramane Nagar should be named after late actor**

"Instead of naming a road or a traffic junction after Puneeth Rajkumar, please take measures to name an entire ward after Puneeth Rajkumar to ensure the public remember him for a long time. I am making this appeal as a Puneeth Rajkumar fan," he said in the letter.

Recently Bommai unveiled Rajkumar's bust at the BBMP Head Office premises. BBMP employees and Officers' Association president A Amruthraj played a key role in installing the same. "I welcome Bhagyavathy's letter to the CM seeking to name one of the newly added wards after Puneeth Rajkumar. It will be better to have one ward named after him," Amruthraj said.

Meanwhile, Bharathinagar Residents Forum president NS Ravi has demanded that the authorities rename Aramane Nagar ward after Rajkumar. "Sadashivanagar where Puneeth Rajkumar's residence exists comes under Aramane Nagar ward. It will be apt to name Aramane Nagar ward after Rajkumar who helped many needy people," he said. Kannada movie producer NS Rajkumar said that he would support the demand to name Sadashivanagar or Aramane Nagar ward after the late actor. "This is the place where Puneeth lived. It will be a fitting tribute to name Sadashivanagar or Aramane Nagar ward after him," said Rajkumar.

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Unattended potholes
Banaswadi

Potholes in Banaswadi 9th A main, Chairman Layout have been creating problems for everyone. Despite registering many complaints to the BBMP, they have not done anything.

Footpath mess
Cambridge Layout

This is the state of the footpath at the Cambridge Layout bridge to Indiranagar. BESCOM has left it like this and BBMP officials are asking for money to clear it.

Water leakage
Cubbon Road

There has been heavy leakage from a water pipe under the footpath near HAL Corporate Office on Cubbon Road.

Missing street names and so on: BBMP property tax portal causes anxiety

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TWEETS @BangaloreMirror

A few netizens were fuming after being unable to pay property tax on BBMP property tax portal. The issue seems to be recurring mostly for people trying to pay up after April.

Netizens were up in arms after they were unable to pay online and had to make a trip to the BBMP office instead. Residents can pay their property tax for FY 2022-23 without penalty and interest before June 30. However, some netizens noted that the problem was more prominent with people trying to make the payment after April 2022.

BM spoke to one of the affected people Piyush Vijayvergia to understand the problem. Vijayvergia had in a Facebook post stated that he has been unable to make the payment for the past two months as the page would throw up an error stating "Payment is refrained due to missing Street Name. Kindly contact concerned ARI for further details." In the end, he was forced to visit the BBMP office to get the issue rectified.

"While paying property tax, I am getting this error on the first page. I had to visit the BBMP office and get it rectified. I was able to make the make payments last year and people making these payments before April are not facing these issues.

But this is an unnecessary effort for the citizens. I went to the BBMP office and got it rectified and need to check if I can make the payments now. I know multiple people from Mahadevapura who are facing the same issue," he said.

Several others who commented on the post said they too were facing the issue. "People in my apartment went to the BBMP office opposite Phoenix mall with relevant documents, filled up a form and this was corrected within a week - 10 days. No fee or money is involved. Meet the ARO who sits there," said Samratt Majumdar in a social media comment.

According to the people who were unable to pay tax online, this problem is happening only for those making payments after April

"I am facing the same problem with my property where I am paying tax for the last 10 yrs. Raised ticket and awaiting," said Pranjal Ray in another comment.

BBMP Special Commissioner (Revenue) Deepak said, "It's not a technical problem. It might be cropping up due to zonal freezing where wards and streets had to be mapped. In rare cases, the issue might be coming up for streets between two zones. In such cases, physical verification might be required. We have put the system in place to prevent misuse and slipping of revenue. There have been cases of people trying to pay under zones with lower property taxes. However, this cannot be a major issue, we have completed the survey of 28,000 streets. Any isolated instances can be brought to my attention and will ask the officials to fix it."

> **"It's not a technical problem. It might be cropping up due to zonal freezing where wards and streets had to be mapped**
>
> – Deepak, BBMP Special Commissioner (Revenue)

Downpour damage: Houses flooded, vehicles go kaput

Homes in BDA Layout inundated, vehicles parked outside in need of urgent repairs; BBMP engineer among victims of overflowing & poorly-maintained storm water drain

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It was yet another night of rain and yet another morning of pain. This time, it was for residents of BDA Layout at HAL 3rd Stage of Konena Agrahara ward. They spent a sleepless night on Monday due to the downpour which caused water to enter their homes. With the streets inundated with water overflowing from a nearby storm water drain, many vehicles parked outside their homes were damaged.

The residents blame the Bruhat Bengaluru Mahanagara Palike (BBMP) Storm Water Drain department for the poor maintenance of the storm water drain that was choked with debris and silt. And the most shocking part was that one of the victims is an engineer working at BBMP's Projects Division. He has worked as a nodal officer of Konena Agrahara ward for some time.

"I was about to go to bed when water from a nearby storm water drain entered our home. No one turned up to help residents here. Residents themselves struggled a lot to drain water from their homes. Only a few pourakarmikas arrived in the morning to clean the road. No politician or BBMP official visited the area," said the BBMP engineer who resides at BDA Layout.

He said the issue of storm water drain used to come up for discussion during the ward committee meetings. "I also worked as an engineer in this ward. There were some attempts to clean the storm water drain. Now, nothing is done to fix this problem," he said.

This was the scene outside a house in BDA Layout at HAL 3rd Stage of Konena Agrahara on Monday night

Expressing similar opinion, Meenal N, a resident, said many two-wheelers and four-wheelers parked on the road were damaged due to water logging. "My vehicle was in a good condition till Monday evening. I noticed a lot of smoke emitting from the exhaust pipe today. I think I have to spend money to get my car serviced," said Meenal.

Blaming the BBMP for neglecting the maintenance of the storm water drain for years, a home-maker said water from the storm water drain entered water sumps. "I was shocked to see water from the storm water drain overflowing and cross roads inundated with dirty water. We have been struggling a lot to clean our homes," said the homemaker.

Vinod Jacob from Namma Bengaluru Foundation (NBF) said the storm water drains in the area have not been desilted and the drains are connected to the main storm water drain. "Every monsoon, this layout has water logging and is not connected to Rajakaluves for flow of excess water to the lake ecosystem in the city. Even KR Garden Layout has been inundated with every monsoon and the SWD here is blocked and water is reversed flooding the layout which should flow through HAL Airport to Bellandur Lake," said Vinod Jacob.

BBMP assistant executive engineer (SWD) told Bangalore Mirror that measures were being taken to remove silt from the storm water drain to avoid flooding of homes in the future.

> **"Every monsoon, this layout has water logging. It is not connected to Rajakaluves** – Vinod Jacob, NBF

BENGALURU

City records 339 covid cases

Bengaluru's covid test positivity rate breached the 2% mark (2.2%) on Tuesday. The state reported 348 new cases of which the city reported 339 (zero deaths). Hospitalisations remain at 21 including three in ICU. There are 11 active clusters with one cluster reporting five-plus cases. Bellandur continued to be the highest covid reporting ward with 35 cases in a day, followed by Varthur 10, Hagadur and Doddanekkundi eight, Kadugodi, HSR layout and Begur seven each. The last time Bengaluru reported 300-plus cases was on February 26. **— BMB**

BSY is all for collective leadership

Karnataka BJP strongman BS Yediyurappa on Tuesday said 2023 assembly polls in the state will be under a "collective leadership", and that he along with other leaders will travel across to bring the party back to power. The 79-year-old former Chief Minister even stated that he is committed to travel across the state for another 10-years, aimed at strengthening the party.

"There is no question of (me taking) leadership, under collective leadership we will travel across the state and will put in all the efforts to win the upcoming polls."

"As voters are with Prime Minister Narendra Modi and the BJP, there will be no hurdles in our path towards victory. We don't have any doubts about it," Yediyurappa told reporters in response to a question.

The senior leader said he is ready to travel any time anywhere across the state. "I will travel across the state for another 10 years and will see to it that no party worker is hurt. I will take everyone into confidence and work towards strengthening the party. This is my commitment," he added. **— PTI**

Disco lights of Yelahanka

CONTINUED FROM PAGE 1

bids is June 16. The cost of the work is estimated to be Rs 215.50 lakh.

Residents and civic activists told Bangalore Mirror that there were no issues with the existing street lights. They said the Palike could save a lot of money if it cancels the proposal of installing decorative tusker street light poles. They want the BBMP to maintain the existing street lights by replacing the damaged bulbs without delay.

"What is the use of having decorative street light poles if damaged bulbs are not replaced with new ones? We need proper and sufficient lighting during the night, not decorative street light poles," said a resident on the condition of anonymity.

Expressing a similar opinion, HM Venkatesh, a social activist, said BBMP engineers want to replace the existing street light poles to make money. "They want to get the commission from the contractor. I am of the opinion that there is no need to replace the existing street light poles with new ones, spending lakhs of rupees. It is nothing but a cover to make money," said Venkatesh.

Coming down heavily on the BBMP engineers for floating a tender for providing and installing decorative tusker street light poles, Keshav Rajanna, a Congress leader, blamed the BBMP engineers for wasting taxpayers' money.

"The problem with the BBMP engineers is that they are not looking forward to providing street lights where necessary. I come across many residents complaining against the BBMP engineers for not maintaining or installing street lights in their respective localities. I think the street light poles that are replaced by new ones will be used at private layouts of politicians' supporters," said Rajanna.

Meanwhile, BBMP executive engineer (projects) Sudhakar Reddy said the BBMP had already installed decorative tusker street lights on Major Sandeep Unnikrishnan Road.

"The decorative tusker street light poles will be installed on the road median," said Reddy.

Meanwhile, BBMP engineer (electrical division) Rajendra Nayak told BM that some of the existing street light poles have rusted and are in a bad condition. "One or two accidents took place a year ago. Some residents complained to the MLA against the deteriorating condition of the street light poles.

So, the MLA advised us to replace the existing street light poles between Tirumala Dhaba and MS Palya Circle. As of now, we are using sodium bulbs for street lights on this road. The decorative tusker street light poles will be fitted with LED lights. It will save electricity and decorative tusker street light poles have more durability," said Rajendra Nayak.

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I, TAJ ROY CHOWDHURY, D/O AIYAPPA A M, R/o E1803, Purva Highland, Mallasandra, Uttarahalli Hobli, Talaghattapura, Bengaluru, Karnataka- 560062 have changed my name as TAJ AIYAPPA A vide affidavit dated 07.06.2022 sworn before notary Rajanna B M, Bengaluru.

I Deepalakshmi.t.v W/O, Dinesh.r R/o No 51,7th Cross,1st Main Jyothi Nagar,vimanapura, Bangalore 560017 have changed my name to Deepa Dinesh

I, Krishnachar Prahalladchar Arshi S/o Prahalladchar Arshi R/o T-201, Adarsh Residency, 47th cross, 8th main, 8th block, Jayanagar, Bengaluru 560079 have changed my name to KRISHNACHAR ARSHI affidavit Dt.07/06/2022 notary K.V Mani, B'luru.

I Gayathri Subbarao W/o Ghatukanakere Ramaiah Subbarao R/o # Flat No 402,3rd Floor, Siri Snow Drops, Sy No 19/2, Kadirenahalli, Bengaluru 560070 have changed my name to Gayatri Subbarao for all purposes.

I, Harshaavardhan Redi Sirupa S/o S.V. Siva Reddy R/a No. 184,11th Cross,18th Main HSR Layout, Sec-4, B'lore-560102 have changed my name to Harshavardhan Reddy Sirupa vide affidavit dt 07.06.22, before Notary B.M.Chandrashekar

I, Sandeep Roy Subhash S/O, Subhash Chandra Roy R/o 160/a, Near Ganesh Temple, Vinayakanagar, Hagadur Whitefield Bengaluru 560066 have changed my name to Sandeep Roy for all purposes.

I, Kunjal Chetanbai Sompura R/o B-108, Vedant Vayun, Koppa Begur road, Akshay - nagar, Bengaluru 560068 have changed my name to KUNJAL SOMPURA affidavit Dt.07/06/2022 notary K.V Mani, B'luru

I, Riyaz Pasha S/o Mohammad Yousaf R/o No-32 4th Main Road , 5th Cross , Shamanna Garden Guddadahalli Bangalore-560026 have changed my name to Riyaz.

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PUBLIC are hereby informed that, I D.Ramanujam aged about 58 years, son of Late S. Duraisamy residing at 333, VI Main , Srinagar, BSK I Stage, Bengaluru – 560050 represent that original Sales Deed registered in the name of D. Ramanujam wrt property No 17, 18 Raghavendra Layout, Survey 65/2 & 65/3 Kammagondanahalli Village, Yeshwantpur Hobli, Bangalore North Taluk registered as Document No 1103/ 2000-01 Book-1 Volume 6299 at pages 242 to 252 dt 11/7/2000 in the Sub Registrar office Bangalore North Taluk has been lost at Bangalore on 23.05.2022. I have lodged the complaint in Bangalore City Police on 31.05.2022 vide lost report No 0235124 / 2022. Finder inform at no 8050091790.

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Row over textbook revision puts learning in doldrums

Books by State Government do not carry changes suggested by NCERT; experts say this will cause disparity in students of different states

Shreyashi Mukherjee
mybangaloremirror
@timesgroup.com

TWEETS @BangaloreMIRROR

Apart from all the hiccups to issuing textbooks, there is one more. It seems the books provided by the State Government have not been revised according to the guidelines of National Council of Educational Research and Training (NCERT). Experts fear that this might affect the parity between students of different states.

Shashi Kumar D, General Secretary, The Associated Managements of Primary and Secondary Schools in Karnataka (KAMS), said, "The biggest flaw is that the books are not revised as per the recommendations of NCERT. It is important for the curriculum to be revised at par with NCERT to ensure parity between students of different states. According to government orders, they were also required to provide a representative who would talk about these problems in the committee, but even that was not done."

In 2017, NCERT had given an analysis of the textbooks developed by Karnataka. Suggestions for revising the books such as shortening poems, removing a few pictures and enlarging others were given.

Children are forced to study from online sources & printouts, making it harder for them to concentrate

Edu Dept v/s committee

The State Government has removed Rohith Chakrathirta from the PU textbook revision committee following several allegations against him.

The committee headed by Chakrathirta had revised the Social Science textbooks; however, the revision has not been accepted by the Education Department.

Meanwhile, Primary and Secondary Education Minister B C Nagesh said the government has decided to place before the people the contents of the original textbook and those revised by the erstwhile Congress and the present BJP regimes.

He also reiterated that the government was open to further revisions after taking into account the opinion by the people.

—BMB (with inputs from agencies)

> **"We are only provided with the online content and teachers have to take out printouts to teach**
>
> –MN Natesh Kumar, Principal, Gurukul International School

The suggestions also included removing a few titles and replacing them with simpler lines so that it would be easier for the students to understand. There were suggestions to remove difficult words, use smaller fonts, increase space for writing, correct typing errors, sensitising content in terms of gender, etc.

The revised books did not contain all these changes.

"The government takes payment in advance but never gives the books on time. This year the situation is worse because apart from the delay, they have revised the textbook and other than one or two books we will not get the others as the revised books have not reached us in full," added Shashi Kumar.

A student of Vidya Vaibhav Public School, on the request of anonymity, said, "Since we were having online classes for more than a year, adapting to offline classes have become difficult. It is difficult to concentrate, on top of that, we do not have the textbooks. Reading online or using printed papers have made it even more difficult for us to study."

The schools still do not know when the textbooks will be available.

MN Natesh Kumar, Principal, Gurukul International School, said that it has been almost 20 days, but they have still not received the required textbooks.

"We have received only 25-30 per cent of the required textbooks. We are only provided with the online content and the teachers have no other option but to take out printouts."

Poor roads earn Biocon chief's wrath

The debate on poor infrastructure, especially the dismal condition of roads in the Silicon Valley of India, has come to the fore yet again.

The debate was triggered in Karnataka following a tweet by Biocon chief Kiran Mazumdar-Shaw.

She tweeted: "Frustrated and angry at the total lack of responsibility of our MLA, panchayat and MP of Anekal taluk and Huskur gram panchayat for the abominable condition of Huskur-Sarjapur Road. Why does government build bus depot and quarters with no road to support it?"

Mazumdar-Shaw tweeted about the deplorable condition of Sarjapur-Huskur Rd

She slammed the Karnataka government, saying, 'shame on all the local politicians'.

Sarjapur road in Bengaluru houses more than 100 IT companies and major multinational companies operate from the city.

This is not the first time she has tweeted on civic nightmares in the city and Kiran Mazumdar-Shaw had spoken about the pathetic condition of Bengaluru roads earlier as well.

The social media post has gone viral and people are appreciating her concern and her courage to criticise politicians and authorities.

While Karnataka Chief Minister Basavaraj Bommai has been setting deadlines for filling potholes in the city, the authorities have failed every time to ensure pothole-free roads in spite of repeated warnings from the Karnataka High Court.

The arterial roads which are dug for various civic works are not being repaired. The potholes have resulted in several deaths in Bengaluru, triggering public outrage.

The state government is currently preparing to host the prestigious Global Investors Meet in November 2022 and people hope that the condition of roads will improve **—IANS**

Act of kindness for walk that he'll remember

Amputee gets shot at new life thanks to B'luru do-gooder's social media post

Y Maheswara Reddy
c-maheswara.reddy
@timesgroup.com

TWEETS @BangaloreMIRROR

Working as a driver in Ooty, Ranjit D had a happy life until a near-death accident changed it all. An electrocution two and a half years ago forced him to amputate his leg, and overnight, Ranjit became dependant on his family.

Before October 2, 2019, Ranjit supported his family by working as a dumper truck driver engaged in transporting construction material in and around Ooty. "I did not notice the overhead power line that came into contact with the dumper truck while unloading the material. The electrocution ruined my life. The truck owner gave money for my treatment at a hospital where doctors had to amputate my right leg," he narrated.

Ranjit D and his wife

After losing one leg, driving was ruled out for 40-year-old Ranjit and the circumstances made him work at a tea stall to support his family. As luck would have it, Kaushik, a rider and blogger, happened to visit the tea stall where Ranjit was working and he then narrated Ranjit's story to his cousin, Esther, and requested her to help Ranjit.

Esther then turned to do-gooder and a known name in many of Bengaluru's social circles, Waseem Memon of Foodies of Bengaluru.

"I was very sad after coming to know about Ranjit's story. I approached Waseem Memon of Foodies of Bengaluru requesting him to help Ranjit," said Esther.

A guardian angel for many, Memon is known for his acts of humanity, especially during the pandemic. He put up a request on social media seeking financial assistance for a prosthetic surgery for Ranjit and his message spread quickly.

"I was very happy to donate. I considered donating money as my responsibility to enable Ranjit to walk like a normal person. The other reason for donating money is my association with physically challenged people," said Ifteqar Ahmed, a philanthropist.

As soon as the message was posted, Waseem Memon was able to collect Rs 1.1 lakh in less than 24 hours.

"I got a quotation from the best manufacturer of the implant called Endolite. After a generous discount of 20 per cent, the amount is Rs 1,02,000. Recently, we got Ranjit an imported prosthetic. We advised him to travel in a Volvo bus from Ooty to Bengaluru and made lodging arrangements at a private hotel," recalls Waseem Memon.

As soon as the message went viral, in less than 24 hours, Memon was able to collect Rs 1.1 lakh

Memon said that he would forever remember the day when Ranjit called him to thank him after the prosthesis was fixed and he was able to walk without any external support. "He could not utter a word but cried inconsolably," said Memon.

CDS selection
Government amends rules to widen CDS selection pool; serving or retired Lt Generals, Air Marshals & Vice Admirals to be eligible

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Wednesday, June 8, 2022
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War clouds shadow over economic growth

World Bank cuts country's growth forecast to 7.5% for FY23

#Washington

The World Bank on Tuesday cut India's economic growth forecast for the current fiscal to 7.5 per cent as rising inflation, supply chain disruptions and geopolitical tensions taper recovery.

This is the second time that the World Bank has revised its GDP growth forecast for India in the current fiscal 2022-23 (April 2022 to March 2023). In April, it had trimmed the forecast from 8.7 per cent to 8 per cent and now it is projected at 7.5 per cent.

The GDP growth compares to an 8.7 per cent expansion in the previous 2021-22 fiscal.

"In India, growth is forecast to edge down to 7.5 percent in the fiscal year 2022/23, with headwinds from rising inflation, supply chain disruptions, and geopolitical tensions offsetting buoyancy in the recovery of services consumption from the pandemic," the World Bank said in its latest issue of the Global Economic Prospects.

Growth, it said, will also be supported by fixed investment undertaken by the private sector and by the government, which has introduced incentives and reforms to improve the business climate. This forecast reflects a 1.2 percentage point downward revision of growth from the January projection, the bank added.

"Growth is expected to slow further to 7.1 percent in 2023-24 back towards its longer-run potential," it noted. A rise in prices across all items from fuel to vegetables and cooking oil pushed WPI or wholesale price-based inflation to a record high of 15.08 per cent in April and retail inflation to a near eight-year high of 7.79 per cent.

File photo of people buying vegetables at a market in Ahmedabad. Inflation has been a crushing blow to the common man

High inflation prompted the Reserve Bank to hold an unscheduled meeting to raise the benchmark interest rate by 40 basis points to 4.40 per cent last month and another hike is expected on Wednesday.

Prior to the World Bank's action, global rating agencies too had slashed India's economic growth forecast. Last month, Moody's Investors Service trimmed the GDP projection to 8.8 per cent for the calendar year 2022 from 9.1 per cent earlier, citing high inflation.

S&P Global Ratings too had cut India's growth projection for 2022-23 to 7.3 per cent, from 7.8 per cent earlier, on rising inflation and longer-than-expected Russia-Ukraine conflict. **– PTI**

The reason why India can't ignore Gulf outrage

#New Delhi

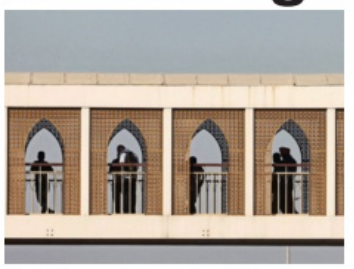
The relations that bind the Gulf and India are based not only on trade and commerce but history and culture. In the Gulf, millions of Indians live and work and it forms the biggest chunk of remittances to India.

Over the years, India's business connections with these countries have only become stronger. For its oil needs, India relies heavily on this region. Indians make up more than a third of the UAE's population. In the Gulf, there are 89 lakh Indian citizens.

Some of the major retail stores and restaurants in the Gulf countries are owned by Indians. The calls to boycott Indian products could hit businesses owned by Indians. The United Arab Emirates is India's third-largest trading partner. The Gulf states also rely on India. After the United States, the UAE is India's second-largest export destination and third-largest trading partner.

India and the UAE's bilateral trade was valued at $72.9 billion in 2021-22, with India's exports accounting for $28.4 billion.

Under the newly concluded Comprehensive Economic Partnership Agreement, total trade is expected to reach $100 billion by 2026.



People cross a pedestrian bridge in Dubai's Al-Shindagha district, which has a sizeable population of Indians

The Gulf region is especially reliant on food and cereal imports; over 85% of their food and 93% of their cereals are imported.

Rice, buffalo meat, spices, marine products, fruits, vegetables, and sugar are all key exports from India. The aviation industry of Gulf countries* rely heavily on AAE Indian flyers. Around half of remittances to India come from just five Gulf countries. In 2018, just five Gulf countries accounted for more than half of all remittances.

Kerala has the highest percentage of remittances, while Delhi's share has risen in recent years. UP and Bihar have experienced substantial growth.

The Gulf supplies over 60% of India's crude. **– ET Online**

Yet to test negative for covid, Sonia seeks time from ED

#New Delhi

The Congress interim president Sonia Gandhi will skip the Enforcement Directorate summon in connection with a money laundering case in the National Herald case as she has not yet tested negative for Covid-19.

She was summoned by the probe agency on June 8 along with party leader Rahul Gandhi. According to sources, Sonia Gandhi who tested positive on June 2 for covid-19 infection is still covid-positive. Although she is recovering but can't join the probe till her covid test is negative. However, the final call will be taken as per the doctor's advice about her health following which the decision will be taken to join the investigation. Rahul Gandhi has also been summoned to join the investigation on June 13. He was earlier summoned to Join the investigation but he was out of the country and later he was given a fresh Date of June 13 to join the probe. Meanwhile, the Congress party is alleging that it's a "political vendetta" and the case has no grounds for investigation.

ED's move followed the questioning of senior Congress leader Mallikarjun Kharge and Congress Treasurer Pawan Bansal in April this year in New Delhi in connection with its money laundering probe into the National Herald case. **– ANI**

I-T portal develops snag on first anniversary

#New Delhi

The Income Tax Department's new-look tax return filing portal, developed by Infosys, again developed snags on Tuesday - a day that marked the first anniversary of its unveiling.

The portal, which was billed to make it easier for taxpayers to file returns and claim refunds, had for several weeks witnessed technical glitches after its launch on June 7, 2021, and the snags resurfacing again prompted some to wonder if it has been hacked on the anniversary. Many users complained that they were unable to log in into the portal, while some complained malfunctioning of the search functionality.

"Issue relating to the search functionality of the e-filing website has come to our notice. The Income Tax Department is seized of the matter. @Infosys has been directed to look into it & @Infosys has confirmed that they are resolving the issue on priority," the I-T department tweeted.

The finance ministry officials also assured that there has been no data breach on the portal. Incidentally, Tuesday is the first anniversary of the launch of new Income Tax portal. In the past year, the portal functioning has been marred on several occasions which prompted the government to extend due date of filing tax returns and related forms for all taxpayers. The new e-filing portal www.incometax.gov.in, launched on June 7, 2021, had a bumpy start since the beginning. **– PTI**

For love of wetlands: India aims to have 75 Ramsar sites

#New Delhi

India is set to urge the Convention on Wetlands to fast-track designation of 26 wetlands in the country as Ramsar sites in addition to the existing 49 sites, officials said on Tuesday. If the Convention on Wetlands agrees to the proposal, India could have a total of 75 Ramsar sites in the 75th year of Independence.

Environment Minister Bhupender Yadav is expected to take up the issue with Secretary General of Convention on Wetlands Martha Rojas Urrego during his upcoming visit to Geneva.

The 26 wetlands proposed to be designated as Ramsar sites comprise 13 from Tamil Nadu, four from Odisha, three from Madhya Pradesh, two from Jammu & Kashmir and one each from Maharashtra, Mizoram, Karnataka and Goa. The sites in Tamil Nadu include bird sanctuaries in Chitrangudi, Koonthankulam, Vaduvur, Vellode, Kanjirakulam, Vedanthangal and Karikili, the wetland complexes in Suchindram Theroor and Vembannur, Pichavaram Mangrove, Pallikaranai Marsh and the Gulf of Mannar Marine Biosphere Reserve. The Satkosia Gorge, Tampara Lake, Hirakud Reservoir and Ansupa lake in Odisha; Sirpur wetland, Sakhya Sagar and Yashwant Sagar in Madhya Pradesh; the wetland conservation reserves in Hygam and Shallbugh in J&K; Thane creek in Maharashtra; Nanda lake in Goa; Pala wetland in Mizoram; and Ranganathituu Bird Sanctuary in Karnataka are set to get a push as Ramsar sites.

Ranganathittu Bird Sanctuary in Karnataka

Ramsar site is a wetland area designated to be of global importance under the Ramsar Convention, an intergovernmental environmental treaty signed in Iran in 1971. **– PTI**

HEALTH TIP: Water chestnuts deliver bone strengthening calcium and other minerals like iodine and manganese

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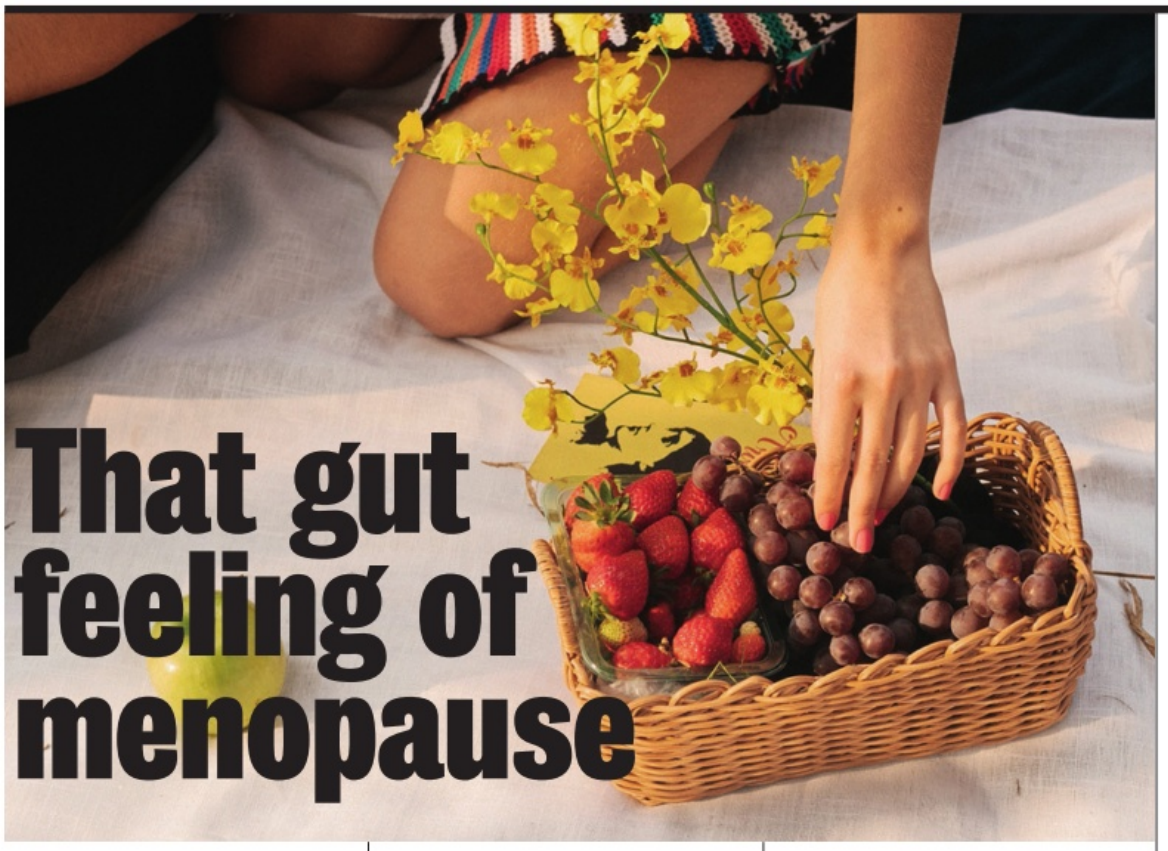


That gut feeling of menopause

Tips on how you can ease hormonal change-triggered trouble in the gut

We're getting better at talking about menopause, with women becoming more aware of symptoms, from lack of energy to brain fog, which can be due to fluctuations in sex hormones. But a lesser known side-effect is the trouble it can trigger in the gut.

It seems fluctuations in our oestrogen and progesterone levels, along with other important hormones, such as cortisol and testosterone, can lead to constipation, bloating or loose bowel motions and diarrhoea.

Some women develop gut problems for the first time around the onset of perimenopause, while pre-existing conditions such as irritable bowel syndrome can also be impacted. Hormonal changes can increase pain sensitivity in the gut and affect the balance of its microflora too.

So what can be done to help?

Combating constipation Bowel function can become more sluggish around perimenopause. It's likely the result of many complex interactions between hormones, gut microbiota and other lifestyle factors. Fibre Generally 20-35g per day is recommended. Fibre is found in plant-based foods, such as fruit, vegetables and wholegrain foods.

Try eating the rainbow, to get a colourful variety on your plate.

If you have too little fiber in your diet, it's important to start low and go slow, as if you increase it quickly you can suffer from bloating. Easy sources include two kiwi fruits or two small satsumas per day.

One heaped tablespoon of whole or ground linseed or flaxseed can be added to cereals, yogurts, soups and salads.

Caffeine acts as a bowel stimulant. Strong tea, coffee and 80-90 per cent dark chocolate all contain caffeine. Prunes and apricots contain sorbitol, a good natural laxative.

Fluids

Drink 1.5-2.5 litres of fluid per day. Water is the best source, but herbal teas and decaffeinated tea and coffee count.

Beat the bloat

Abdominal bloating and distension (when the tummy looks like you could be six months pregnant) can become a problem. This is uncomfortable, as well as embarrassing for some women. Avoid processed and convenience foods. These are often high in salt and hidden ingredients that can worsen bloating. Eat slowly and don't gulp your food. Speedy eaters tend to swallow more air while eating.

Constipation can lead to bloating so pay attention to fibre if you're prone to sluggish bowels. Fructose (fruit sugar) should be limited to two to three portions, which are spread across the day.

Cut out, or reduce, onions and garlic in your diet as these are a common cause of bloating.

Herbal teas are great at soothing the gut. Peppermint is particularly effective. You should reduce carbonated drinks, which can lead to trapped wind. Exercise - gentle yoga, walking and jogging will all be helpful.

Dealing with diarrhoea

Reduce your caffeine intake - caffeine is present in tea as well as coffee. Is your fibre intake too high? If so, try reducing it to around 18 -20g of fibre per day, then gradually increase levels as symptoms improve. Avoid any sweeteners containing "ol" at the end, in particular xylitol, sorbitol and foods containing them, which are present in many 'diet' foods and drinks.

As with bloating, avoid onions and garlic and too much fructose. Alcohol should be kept to a minimum. Menopause weight gain During perimenopause and menopause, many women slowly gain weight. Multiple studies suggest that 2-7lb is common. This may be because hormonal changes, combined with a lack of energy, poor sleep and mood changes can trigger poor food choices.

Reduced sex hormones can lead to loss of muscle mass, which reduces metabolic rate, meaning you burn fewer calories. Perimenopausal women typically require 1,600-1,800 calories as opposed to the 2,000 they needed when younger. Try to eat more plant-based foods: Vegetables, fruit, salads, grains and legumes are naturally low in fat, low in calories, high in fibre and contain bulk, which is filling and satisfying.

Each day, you should aim to eat three to four portions of wholegrain cereals and breads or legumes, as well as five to seven portions of fruit, vegetables and salad.

Watch your white carbohydrate intake: Opt for wholegrains over processed carbohydrates like white bread, biscuits and cakes.

Eat fish at least twice a week: Oily fish are rich in anti-inflammatory omega-3 fatty acids, white fish is rich in protein and low in fat.

Choose lean protein: Skinless chicken and eggs keep you full for longer.

Watch your alcohol intake: Alcohol is high in empty calories, so it has no nutritional value and contributes to weight gain. It also has a negative effect on mood and sleep.

Exercise regularly: Aim for 30 minutes of brisk walking five times per week.

Get quality sleep: This can be difficult during perimenopause and menopause if you are experiencing hot flushes, but a 2016 study at King's College London found sleep-deprived people consumed an average of 385 extra calories per day - that's the equivalent of about four slices of bread.

(Gastroenterologist Professor Barbara Ryan and clinical dietitian Elaine McGowan for Daily Mirror)

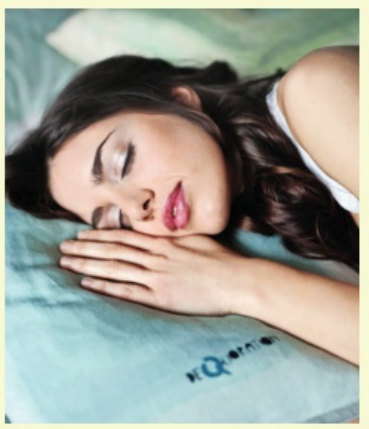
MIRRORLIGHTS

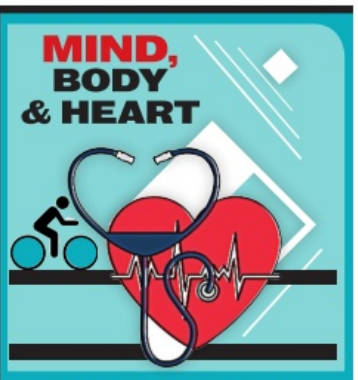
Brain wave sleep data can predict future health outcomes

According to a study from researchers at Massachusetts General Hospital and Beth Israel Deaconess Medical Center, the wealth of brain wave data collected during overnight sleep studies can predict future health outcomes, strengthening the concept of sleep as a "window" into health.

Results show that a model based on quantitative analyses of sleep data was able to predict the 10-year risk of all 11 health outcomes selected for analysis. The three outcomes with the highest risk ratios associated with poor-to-average sleep were dementia (RR = 6.2), mortality (RR = 5.7), and mild cognitive impairment or dementia (RR = 4.0).

"It is surprising that sleep can predict the future incidence of 11 outcomes covering neurological, psychiatric, cardiovascular conditions, and mortality even before the actual diagnosis, using data where the outcomes occur about three years later from the baseline sleep recording," said lead author Haoqi Sun, who has a doctorate in machine learning and computational neuroscience and is an instructor in neurology at Massachusetts General Hospital. "We already know sleep is informative about health, but it is still quite a surprise that the brain activity during sleep can reflect so much information, let alone other important signals during sleep such as respiration and heart rates." —ANI





All problems solved

Dear Coleen

Can you advise on how I get my 17-year-old daughter to take some pride in herself and her surroundings? She's really lazy and does nothing for herself - if I didn't do her laundry, she'd wear the same smelly outfit day in, day out. She barely brushes her hair and looks so scruffy. Whenever I mention it, she just screams and slams the door. Her room is a tip - mouldy food, half-drunk cups of coffee with dirty clothes and towels all over the place.
I leave it for a while, but then I can't stand it any more and have to go in and gut the place.
I know this may sound trivial, but it's causing a lot of arguments at home. Please help!

COLEEN SAYS

First of all, ask her if she's OK or if anything's troubling her. At her age, she should be out enjoying herself with her friends. It might be that something's going on that's affecting her self-esteem.
I also think you have to make your point and then leave it. The more you nag her, the more she'll dig her heels in.
As far as her room goes, well, my attitude when my kids were teenagers was to just shut the door and walk away. I could live with it because I figured I didn't have to sleep there.
But if it's getting you down, be clear that it's your house and you want the room cleaned properly once a week - that's just showing respect. If she takes a coffee cup up, then she brings it back down again. I have to say, my approach worked in the end because my kids realised they didn't want to live in a pigsty and they started clearing up themselves.

—Coleen Nolan, Daily Mirror

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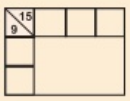
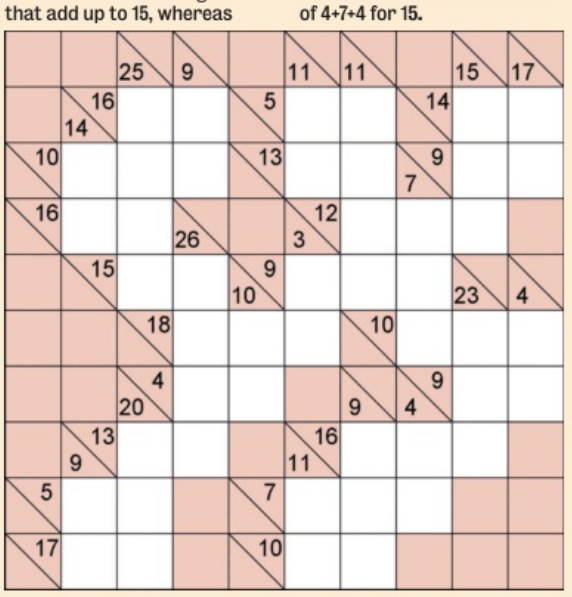
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

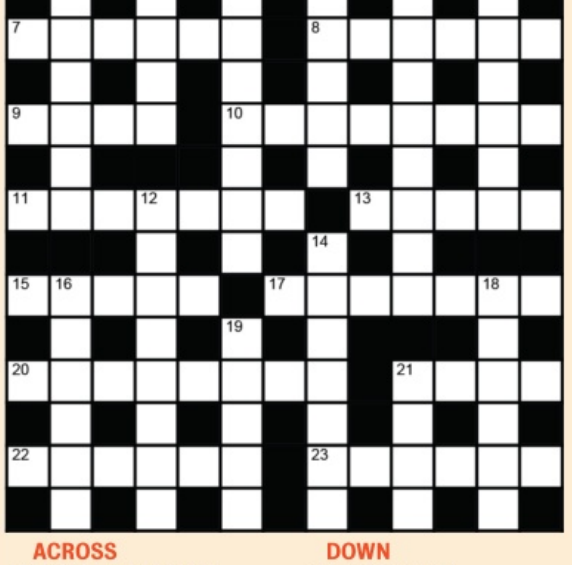


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 It neutralises acid (6)
8 Unorthodox belief (6)
9 Water in Latin (4)
10 Tipu Sultan's father (5,3)
11 Reading desk (7)
13 Judges (verb) (5)
15 Parasite (5)
17 Early jazz style (7)
20 Resounded (2-6)
21 Places seeds in the ground for future growth (4)
22 Warning experience (6)
23 Rebroadcasts (6)

DOWN

1 Inner circle (6)
2 Programming language or an Indonesian island (4)
3 Dries up and wilts (7)
4 Variety or degree of colour (5)
5 Having lustful cravings, lewd (8)
6 Sanctuary (6)
12 Precedent trial (4,4)
14 Spar supporting sail (4-3)
16 Started or commenced (6)
18 Sounding like a cat? (6)
19 Heap, hillock (5)
21 Certain (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: E EQUALS P

EOVEZO GVT'C UXKO CDPO AVW BVF DA BVF XWO XZGXBQ XTHWB VW IVPEZXDTDTH.

Linemaro

Stop smiling. The other girls here are disappearing

Mindchow

Visitors' footfalls are like medicine; they heal the sick

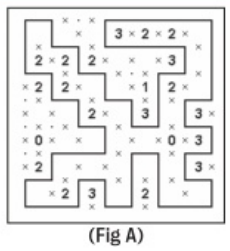
Joke of the day

Stress is when you wake up screaming and you realise you haven't fallen asleep yet

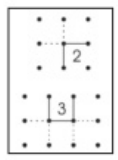
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

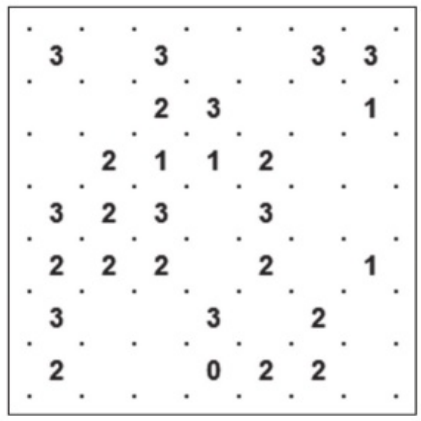


(Fig B) Not Allowed

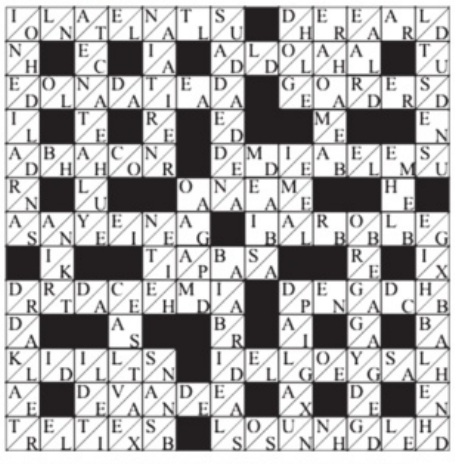
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



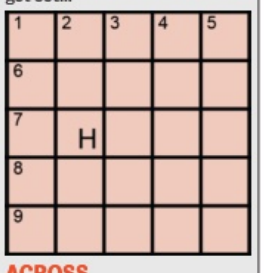
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Studs; 6 Hut no; 7 Peach; 8 Bait I; 9 Tucks

DOWN

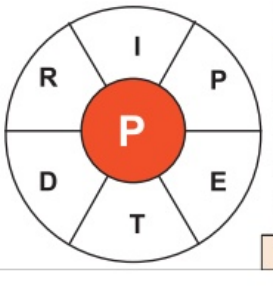
1 C Stud; 2 It Hun; 3 Bah us; 4 Optic; 5 Stake

Mensapuzzle

What is X?

1	2	3	4	5	6	7	8
7	14	1	2	2	1	8	7
10	3	4	18	2	1	8	6
8	5	11	12	2	21	3	4
2	11	6	3	13	1	2	10
2	5	5	1	6	10	2	X

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

14 Average; 16 Good; 18 Outstanding

SudokuChallenge

	7							4
		3	7		1		8	9
			4				3	
8	1				6	4		
			3		4			
		9	8				5	7
	5				7			
1	8		6		9	2		
6							9	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy ☐☐☐☐☐☐☐ = 10
4 5 6 7

Medium ☐☐☐☐☐☐☐ = 11
2 6 7 8

Hard ☐☐☐☐☐☐☐ = 56
1 7 8 4

Hocusfocus

Find at least six differences in details between panels.

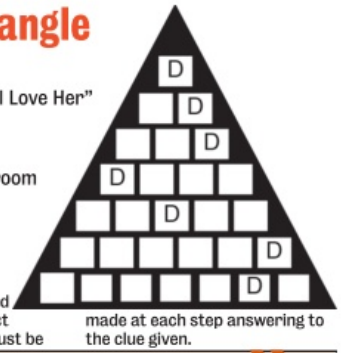
Differences: 1. Tree is moved. 2. Hat is reversed. 3. Man is thinner. 4. Glove is missing. 5. Fence is shorter. 6. Window is moved.

Riddler

In the land of Brainopia, there are three races of people: Mikkos, who tell the truth all the time, Kikkos, who always tell lies, and Zikkos, who tell alternate false and true statements, in which the order is not known (i.e. true, false, true or false, true, false). When interviewing three Brainopians, a foreigner received the following statements: Person 1: I am a Mikko. Person 2: I am a Kikko. Person 3: a. They are both lying. b. I am a Zikko. Can you help the very confused foreigner determine who is who, assuming each person represents a different race?

Alpha triangle

1 Fourth letter
2 Anno Domini
3 Beatles classic " I Love Her"
4 Mild expletive
5 Inert gas
6 In the area
7 A large circular room



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

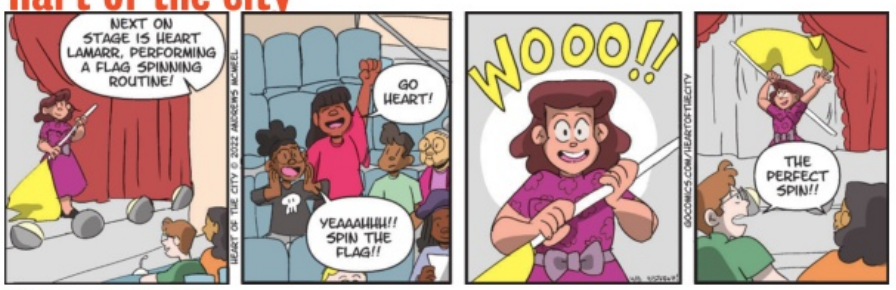
Redeye by Mel Casson

Bizarrotrip

Diamond Lil

I JUST JOINED A CLUB
IT'S CALLED THE LOYAL ORDER OF BASEBALL LOVERS
WHAT DOES THE CLUB STAND FOR?
THE SEVENTH INNING STRETCH
www.creators.com

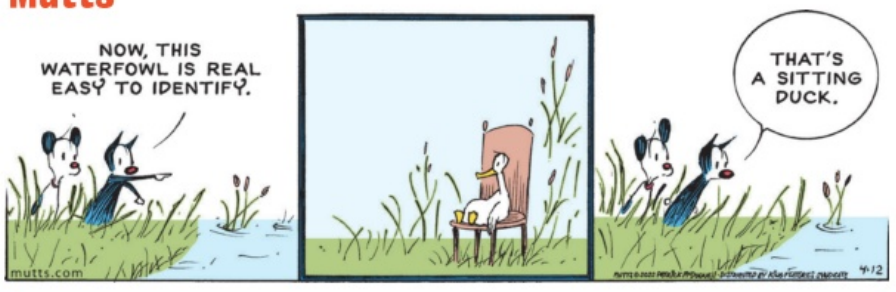
Hart of the city



Crankshaft

LOADING UP MY MORNING AND EVENING PILL-TAINERS WITH ALL OF THESE PILLS...
AND TRYING TO KEEP THEM STRAIGHT IS EXHAUSTING!
FRANKLY, I DON'T KNOW HOW ELVIS DID IT!
crankshaftcomic.com/books

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may feel healthy. Past diseases could be cured. A close relative might bring good news. Chances of performing well at work are high. So is the chance of being helped by a colleague for a critical project. You may develop faith in your subordinate staff. It could increase your prestige among society. You may also hear good news concerning legal matters.

Taurus Apr 21 – May 20
Today you are likely to be busy with your child's education and career. Children's academics may be the cause for good news. Meanwhile, lovebirds are advised to be patient in terms of their relationships. Investors are advised to avoid investing in risky assets as they might convert into losses. Meditation, yoga, or chanting could aid coming out from these typical situations.

Gemini May 21 – Jun 21
Today you could feel dissatisfied and upset as you may not see the results of your hard work. Read documents carefully before signing a contract or paper. Investment in assets may be on the cards. You are advised to follow your intuition before making investments in fixed assets. Being overworked may affect your domestic life. You could arrive late to family or social events.

Cancer Jun 22 – July 23
Today you may be busy with social gatherings and family occasions which could build your network. You may also plan to travel for business. Disputes between siblings or friends may be resolved. Colleagues may cooperate with you to complete a difficult project. You are likely to complete your tasks with confidence. Keep patience while interacting with people.

Leo Jul 24 – Aug 23
Today is a good day to implement new plans into your family business. It will prove to be useful in the near future. You may also be busy with family or social get-togethers. You may spend to buy a creative artefact for renovating your house which could increase your social status. Today you might need to be careful with teeth, ears, eyes, nose and skin issues.

Virgo Aug 24 – Sep 23
Today you are blessed by the moon. Happiness is likely to be around you and can help you enjoy your day-to-day work. Your vital power may help you to take tough calls which will increase your profits in the near future. You may plan a short work-related trip. Colleagues may help you complete your work on time. Students could find more focus in studies. You are advised to control your eating habits to avoid stomach issues.

Libra Sep 24 – Oct 22
Today you may feel dull. Lack of sleep can affect your mental and physical health. You may also be upset due to health issues of a family member. Your expenditure on items that are not useful may affect your savings. You may be a victim of conspiracy so keep an eye on your opponents.

Scorpio Oct 23 – Nov 22
Today your past investments may give you good profits. An easy task could bring favourable results. Your obstacles may vanish for now. Your financial status may improve and new sources of income could be lurking around the corner. Couples may hear good news in terms of kids. You may get success easily after a little effort.

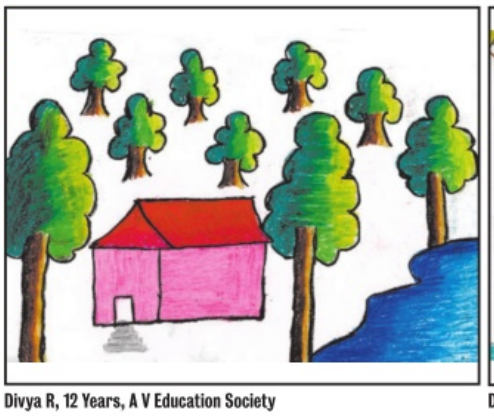
Sagittarius Nov 23 – Dec 22
Today you are likely to meet someone. With the help of a person you may expect positive growth in your business. Your destiny may help you and your losses will now convert to profits. Financial health may be on track now. Lovers are advised to take important decisions in terms of marriage. Single people are likely to find their soulmate.

Capricorn Dec 23 – Jan 20
Today things are under control. You are blessed by Jupiter. Expect to get an important position or post in the office. You may be inclined towards religion and mythological facts. You may feel like you are deep in thoughts and it could make you confident in your way of working. The time is right to plan an overseas trip.

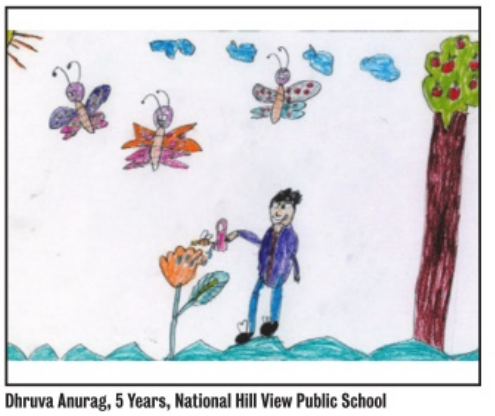
Aquarius Jan 21 – Feb 19
Today you may feel unhappy and dull. It could affect your way of working and there may be some delay in your projects that are yet to be completed. It may affect your prestige in professional and domestic settings. It is advised to avoid adventures or rash driving. Lovers may have break-ups on the cards. Job-seekers may be disappointed.

Pisces Feb 20 – Mar 20
Today you are likely to shine in the office. You may bond with your boss or get new responsibilities in terms of promotions. Chronic health issues may be cured now. You may get good incentives for your work. Disputes with siblings may be resolved. Job-seekers may find a new job.

KIDZONE



Divya R, 12 Years, A V Education Society



Dhruva Anurag, 5 Years, National Hill View Public School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
-25-(-25)-25-(25)
-25+25-25-25 = -50

RIDDLER
Person 1 is a Mikko.
Person 2 is a Zikko.
Person 3 is a Kikko.

BULL'S EYE
dipper, drip, pert, pied, pier, pipe, piped, piper, prep, pride, ripe, ripped, tepid, tipped, tipper, trip, tripe, TRIPPED

QUOTE UNCODE
People won't have time for you if you are always angry or complaining.

FAST FIVE

D	U	S	T	S
U	N	H	O	T
C	H	A	P	E
T	I	B	I	A
S	T	U	C	K

STRIKE OUT

I	N	T	E	N	T	S		D	R	E
N		E		A		L	O	H	A	
D	O	N	A	T	E	D		G	O	R
A		E	V	A		D	E		A	
K	I	L	L	S		I	L	L	E	G
A		A		B	I		G		A	
D	R	A	C	H	M	A		P	E	A
	I		T	A	B	S		R		X
S	A	Y	I	N	G		B	A	B	B
N		L		O	N	A	M		E	
A	B	H	O	R		E	D	I	B	L
I		T		E		D		M		E
D	O	N	A	T	E	D		G	O	R
N		E		A	L	O	H	A		U
I	N	T	E	N	T	S		D	R	E

QUICK

C	J	W		S		P		A		
I		V		A		U		Y		
L	E	S	S	O	N		R	E	W	S
N		A		U		A		I		
R	E	E	C	H	O	E	D		S	O
P		T		M		R		E		
L	O	U	S	E		R	A	G	T	I
		E		S		Y		N		
L	E	C	T	E	R	N		D	E	E
U		E		I		U				
A	O	U	A		H	Y	D	E	R	A
I		V		T		A		U		Y
A	L	K	A	L	I		H	E	R	E

MENSA PUZZLE
5. Columns headed by an odd number add up to 30. Columns headed by an even number add up to 40. The last column adds up to 55, to which must be added 5 to bring it up to 40, as this column is headed by an even number.

SUDOKU

2	7	8	5	9	3	1	6	4
4	6	3	7	2	1	5	8	9
5	9	1	4	6	8	7	3	2
8	1	5	9	7	6	4	2	3
7	2	6	3	5	4	9	1	8
3	4	9	8	1	2	6	5	7
9	5	2	1	8	7	3	4	6
1	8	4	6	3	9	2	7	5
6	3	7	2	4	5	8	9	1

ALPHA TRIANGLE
D, AD, And, Darn, Radon, Around, Rotunda.

GO FIGURE
4 + 7 + 5 − 6 = 10
Easy
2 + 7 − 6 + 8 = 11
Medium
7 + 8 − 1 x 4 = 56
Hard

LOOP

KAKURO

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Film that may turn you into a pet parent

Kannada movie Charlie 777 team is all set to organise 100 premiere shows across the state on June 9. The film is also being released in Telugu, Tamil, Malayalam and Hindi. "It is its content that is making us organise 55 premiere shows in Bengaluru and 45 at other cities across Karnataka. The movie releases on June 10," said Rakshit Shetty.

He said shows of Charlie 777 were held in 21 cities including New Delhi, Ahmedabad, Lucknow, Chandigarh, and Hyderabad and received a good response. He said arrangements are being made to release the film at 200 screens in the US and 100 screens in the Gulf. "We invited pet parents and prominent personalities of the city for the shows. I hope the attitude of the public towards stray dogs will be changed after the release of the film in theaters. The audiences who watch this movie will become pet parents," he said, adding that for the first time a premier show is being held in Nepal.

Arrangements are being made to release the film at around 300 screens in Karnataka. According to Karthik Gowda of KJ Films, the film's premiere shows would be held at single screen theaters and multiplexes. Sangeetha Sringeri, who plays an animal welfare officer in this movie, said she was overwhelmed with the response this movie has received in New Delhi and other cities.

Pramod, who trained the dog, said it took a year to shoot the 20-minute footage featuring the dog.

—Y Maheswara Reddy

No taboos with Nushratt

Actor says parents must answer their kids' questions freely

Talking about sex or educating the kids on the subject is still taboo in many households. Parents still find it really hard to give the 'bees and birds' talk to their children. However, Bollywood actress Nushrratt Bharuccha perhaps has found the key to this puzzle. She strongly believes that it is important that the children get the right information from their parents and for that, it is necessary to create a safe environment.

Talking to **ETimes** exclusively, Nushrratt explained how she will deal with this matter when she becomes a parent. "Modern kids are so curious and they have so many questions. Kids are like sponges, they find information from different places and they absorb it. You can be under the impression that your kid hasn't seen something or didn't notice something, but things do leave an impression on their minds."

"The best way to go around is to let them know that whatever question they have they can ask us freely. The question can be as silly as possible, it doesn't matter," she added.

"They can even ask you why the flower is made this way. You can answer that with love from a young age, that too in a sensible way. Don't kill their inquisitiveness. That way they will ask you questions and not anyone else, as they know you are the right person to give the right answers. For me, it will be the biggest win, whenever I have a kid, he or she comes to me for anything that he or she wants to ask, or if there's anything that's bothering them or they are in trouble. At least I will be the first one to shield them or teach them," expressed the actress. In the same conversation, Nushrratt also recalled how her parents have been very open and supportive in topics that society believes are awkward to talk about with kids. She said, "In my house, we had this conversation in a very normal way. And the entire credit goes to my mom, dad and grandmother. My entire family has always been open, progressive, and supportive."

Huma to play top chef

Actress Huma Qureshi, who recently made a lot of noise with her special song in Sanjay Leela Bhansali's 'Gangubai Kathiawadi', has stepped into the shoes of India's first-ever home chef, Tarla Dalal. She announced the film in April this year, and she has now wrapped up the shoot in just 37 days.

A source close to the development informed ETimes that Huma's last day of filming was the wedding sequence. Huma has put her heart and soul to play the character of Tarla. Before the film went on the floor, she would wear the dentures for long hours and practice speaking with them to make sure she was comfortable as she knew that the camera would pinpoint even the slightest hint of effort or discomfort. As part of her prep, Huma also devoured hours of footage, picking up on Tarla Dalal's accent, pitch, and mannerisms.

Calling it a 'special' role, Huma told ETimes, "Tarla Dalal's journey has definitely left an impression on my soul. It truly holds a special place in my heart. As I wrap the film, I cannot help but think of the quiet strength, love, humour and empathy she had. I cannot wait for everyone to watch this one."

Back in April, Huma shared the news along with the first look. Fans were highly impressed with her transformation. On the work front, Huma also has 'Double XL' with Sonakshi Sinha. Directed by Satramm Ramani, the film that talks about body-shaming, has been co-produced by Huma, her actor brother Saqib Saleem and others. —ETimes

Say hello, in Spanish

Shraddha Kapoor is sharing glimpses from her sunny Spain adventures as she gets set to begin her next schedule of Luv Ranjan's untitled next.

Taking to her social media handle, the star shared glimpses from her road trip with her team and captioned it as 'Hola'. The actor will kick off the international schedule with leading man Ranbir Kapoor. The two will begin the next leg of shoots after wrapping up a song sequence in Delhi, videos of which went viral online.

Shraddha and Ranbir will be coming together for the first time in the upcoming film that is touted to be a romantic comedy, is one of the highly anticipated flicks of 2023.

The movie will see filmmaker Boney Kapoor making his acting debut by playing the role of Ranbir's on-screen dad.

Dimple Kapadia has been roped in to play Ranbir's mother. —ETimes